

## CLAIMS

What is claimed is:

1. A compact stance guide comprising:

- (a) a foot engaging means for guiding and engaging at least one foot of the user;
- (b) a body engaging means for guiding and engaging at least one part of the user's body; and
- (c) a framing structure connected to said foot engaging means and said body engaging means

wherein at least a portion of at least one of said foot engaging means, said body engaging means and said framing structure are objects in pre-existence and made for an apparatus other than the compact stance guide and the preexisting objects, upon engaging the non-preexisting parts of said compact stance guide form a stance guide that is perceptually compact in size and that helps the user achieve and hold one or more pre-determined stances  $S_j$ , where  $j = (1, 2, \dots N)$  and  $N \geq 1$ , such that the achievement and holding of each  $S_j$  provides a corresponding health benefit to the user.

2. The compact stance guide of claim 1 wherein the structural dimensions of the foot engaging means relevant to guiding and engaging the user's feet and body are adjustable thereby accommodating a pre-determined range of user body and feet variation.

3. The compact stance guide of claim 1 wherein the structural dimensions of the body engaging means relevant to guiding and engaging the user's feet and body are adjustable thereby accommodating a pre-determined range of user body and feet variation.

4. The compact stance guide of claim 1 wherein the structural dimensions of the framing structure relevant to guiding and engaging the user's feet and body are adjustable thereby accommodating a pre-determined range of user body and feet variation.

5. The compact stance guide of claim 1 wherein said body engaging means further comprises a hand engaging means for guiding and engaging at least one of user's hands.

6. The compact stance guide of claim 1 further comprises an optional display device, connected to said body engaging means, for selectably displaying one or more of said stances  $S_j$  as a visual aid to achieving and holding said stances  $S_j$ .

7. The compact stance guide of claim 1 wherein the body engaging means further comprises a safe guard means for reducing the risk of an accidental fall of the user while trying to achieve and hold said stances  $S_j$ .

8. The compact stance guide of claim 5 wherein said stances  $S_j$  comprise  $S_1$ ,  $S_2$ ,  $S_3$  and

S4 being characterized by, with an x-y-z Cartesian coordinate wherein the x-direction is where the user body faces, the y-direction runs from the user's right shoulder toward his left shoulder and the z-direction runs vertically upwards:

- (a) S1: both feet flat with heels against the ground and centered in a sagittal plane of the body, left foot in front of and spaced as far ahead of right foot as possible, left knee bent about 110 degrees, right knee as straight as possible while keeping the body weight on the left foot, overall back formed a straight line with the right leg, upper back arched and shoulders curved forward, upper arms naturally down, lower arms pointing in the x-direction with both hands made into a fist palm side up while continuously keeping the body weight on the left foot;
- (b) S2: mirror image of S1 regarding left/right foot and left/right arm;
- (c) S3: feet, legs, overall back, upper back and shoulders same as S1, upper left arm ahead of upper right arm with left elbow slightly ahead of left wrist, left hand in an open-palm, Christian style praying orientation except having a bent thumb, in the x-direction, and having an index finger separated from the rest of the fingers, left thumb positioned at the same height as but about five (5) inches ahead of the heart, lower right arm pointing approximately in the y-direction with right elbow slightly ahead of right wrist, right hand made into a fist with palm side up and positioned about three (3) inches below the user's belly button while continuously keeping the body weight on the left foot; and
- (d) S4: mirror image of S3 regarding left/right foot and left/right arm

and wherein, accordingly:

- (e) said foot engaging means further comprises a separate feet board that further comprises a front foot panel and a rear foot panel with both panels oriented and located substantially along the x-axis and spaced apart by an x-spacing that is adjustable, for guiding and correctly positioning the user's feet of stances S1, S2, S3 and S4;
- (f) said body engaging means further comprises two elbow-engaging members, each being a truss having an up to 6-axis adjustability, for touching thus correctly positioning the user's elbows of stances S3 and S4;
- (g) said framing structure further comprises a balancing bar, oriented along substantially the y-direction, having two end engaging means and connected to said two elbow-engaging members, for guiding thus correctly positioning the user's fists of stances S1 and S2 through fist gripping; and
- (h) said framing structure further comprises a preexisting object, made for an apparatus other than the compact stance guide, having two separated, opposing vertical surfaces each lying substantially in the x-z plane for engaging said two end engaging means thus supporting the balancing bar and a third bottom surface for placing thus supporting said separate feet board

such that the achievement and holding of stances S3 and S4 provides the following health benefits:

- (1) direct development of stronger body muscles and better body flexibility; and
- (2) indirect strengthening of the bladder muscles and nerves causing a reduction of frequent and excess habitual urination

and the achievement and holding of stances S1 and S2, respectively being an intermediary of stance S3 and stance S4, provides the following health benefits:

- (3) direct development of stronger body muscles and better body flexibility; and
- (4) increasing the easiness and efficiency for bridging stances S1 to S3 and for bridging stances S2 to S4.

9. The compact stance guide of claim 8 wherein the length of said balancing bar is adjustable so as to provide a snug engagement to the two separated, opposing vertical surfaces of a variety of said preexisting object.

10. The compact stance guide of claim 8 wherein said hand engaging means further comprises a hand loop oriented substantially in the x-y plane and connected to said balancing bar, said hand loop being disposed for guiding and correctly positioning the user's open-palmed hand of stances S3 and S4.

11. The compact stance guide of claim 10 wherein said hand loop is adjustably connected to said balancing bar such that the hand loop is adjustable along the z-direction.

12. The compact stance guide of claim 8 wherein said preexisting object further comprises a door frame with said two separated, opposing vertical surfaces being a left door frame and a right door frame and said third bottom surface being a bottom door frame.

13. The compact stance guide of claim 8 wherein said preexisting object further comprises a hallway with said two separated, opposing vertical surfaces being a left wall and a right wall and said third bottom surface being the hallway floor.

14. The compact stance guide of claim 8 wherein said preexisting object further comprises two trees with said two separated, opposing vertical surfaces being the respective surfaces of the tree trunks and said third bottom surface being the ground separating said two trees.

15. The compact stance guide of claim 8 wherein, for said health benefit to be significant, the holding period for said stances S1 and S2 are further recommended to be progressed from about one (1) minute to about ten (10) minutes a day.

16. The compact stance guide of claim 8 wherein, for said health benefit to be significant, the holding period for said stances S3 and S4 are further recommended to be progressed from about one (1) minute to about ten (10) minutes each time with a range of practicing frequency to be progressed from about two (2) times to about ten (10) times a day.

17. The compact stance guide of claim 5 wherein said stances S<sub>j</sub> comprise S5, S6, S7 and S8 being characterized by, with an x-y-z Cartesian coordinate wherein the x-direction is where the user body faces, the y-direction runs from the user's right shoulder toward his left shoulder and the z-direction runs vertically upwards:

- (a) S5: both feet flat and centered in a sagittal plane of the body with right heel against the ground, left foot in front of right foot, left knee bent with left foot as high in the air as possible, right knee bent as much as possible, overall back leaned slightly forward, upper back and shoulders relaxed, both upper arms tilted in the y-z plane so as to slightly open up the arm pits with both lower arms pointing in the x-direction and both hands forming a gripping position as if pushing a wheel barrel;
- (b) S6: mirror image of S5 regarding left/right foot and left/right arm;
- (c) S7: feet, legs and overall back same as S5, upper back arched and shoulders curved forward, upper arms naturally down, upper left arm ahead of upper right arm with left elbow slightly ahead of left wrist, left hand in an open-palm, Christian style praying orientation except having a bent thumb, in the x-direction, and having an index finger separated from the rest of the fingers, left thumb positioned at the same height as but about five (5) inches ahead of the heart, lower right arm pointing approximately in the y-direction with right elbow slightly ahead of right wrist, right hand made into a fist with palm side up and positioned about three (3) inches below the user's belly button; and
- (d) S8: mirror image of S7 regarding left/right foot and left/right arm

and wherein, accordingly:

- (e) said foot engaging means further comprises a separate feet board that further comprises a front foot panel, a center foot panel and a rear foot panel with all panels oriented and located substantially along the x-axis and spaced apart by an adjustable front x-spacing and an adjustable rear x-spacing, for guiding and correctly positioning the user's feet of stances S5, S6, S7 and S8;
- (f) said body engaging means further comprises two elbow-engaging members, each being a truss having an up to 6-axis adjustability, for touching thus correctly positioning the user's elbows of stances S7 and S8; and
- (g) said framing structure further comprises a balancing bar, oriented along substantially the y-direction, having two end engaging means and connected to said two elbow-engaging members, said balancing bar further comprising two end grips, each pointing in the negative x-direction, for guiding thus correctly positioning the user's hands of stances S5 and S6 through fist gripping; and
- (h) said framing structure further comprises a preexisting object, made for an apparatus other than the compact stance guide, having two separated, opposing vertical surfaces each lying substantially in the x-z plane for engaging said two end engaging means thus supporting the balancing bar and a third bottom surface for placing thus supporting said separate feet board

such that the achievement and holding of stances S7 and S8 provides the following

health benefits:

- (1) direct development of stronger body muscles and better body flexibility; and
- (2) indirect enhancement of sleep quality and reduction of body weight

and the achievement and holding of stances S5 and S6, respectively being an intermediary of stance S7 and stance S8, provides the following health benefits:

- (3) direct development of stronger body muscles and better body flexibility; and
- (4) increasing the easiness and efficiency for bridging stances S5 to S7 and for bridging stances S6 to S8.

18. The compact stance guide of claim 17 wherein the length of said balancing bar is adjustable so as to provide a snug engagement to the two separated, opposing vertical surfaces of a variety of said preexisting object.

19. The compact stance guide of claim 17 wherein said hand engaging means further comprises a hand loop oriented substantially in the x-y plane and connected to said balancing bar, said hand loop being disposed for guiding and correctly positioning the user's open-palmed hand of stances S7 and S8.

20. The compact stance guide of claim 19 wherein said hand loop is adjustably connected to said balancing bar such that the hand loop is adjustable along the z-direction.

21. The compact stance guide of claim 17 wherein said preexisting object further comprises a door frame with said two separated, opposing vertical surfaces being a left door frame and a right door frame and said third bottom surface being a bottom door frame.

22. The compact stance guide of claim 17 wherein said preexisting object further comprises a hallway with said two separated, opposing vertical surfaces being a left wall and a right wall and said third bottom surface being the hallway floor.

23. The compact stance guide of claim 17 wherein said preexisting object further comprises two trees with said two separated, opposing vertical surfaces being the respective surfaces of the tree trunks and said third bottom surface being the ground separating said two trees.

24. The compact stance guide of claim 17 wherein, for said health benefit to be significant, the holding period for said stances S5 and S6 are further recommended to be progressed from about one (1) minute to about ten (10) minutes a day.

25. The compact stance guide of claim 17 wherein, for said health benefit to be significant, the holding period for said stances S7 and S8 are further recommended to be progressed from about one (1) minute to about ten (10) minutes each time with a range of practicing frequency to be progressed from about two (2) times to about ten (10) times a

day.

26. A method of helping a person achieve and hold one or more pre-determined stances  $S_j$ , where  $j = (1, 2, \dots N)$  and  $N \geq 1$ , such that the achievement and holding of each  $S_j$  provides a corresponding health benefit to the person, the method comprising:

- (a) providing a foot engaging means for guiding and engaging at least one foot of the person;
- (b) providing a body engaging means for guiding and engaging at least one part of the person's body;
- (c) providing a framing structure properly dimensioned and properly connected to the foot engaging means and the body engaging means;
- (d) while performing steps (a) through (c), identifying at least a portion of at least one of said foot engaging means, said body engaging means and said framing structure from pre-existing objects made for purposes other than achieving and holding said stances  $S_j$ ; and
- (e) for each stance  $S_j$ , providing a corresponding instruction  $I_j$ , where  $j = (1, 2, \dots N)$  and  $N \geq 1$ , to the person for achieving and holding said  $S_j$  while engaging said foot engaging means and said body engaging means

thereby helping the person achieve and hold said  $S_j$ .

27. The method of claim 26 wherein providing said foot engaging means further comprises making the structural dimensions of the foot engaging means relevant to guiding and engaging the person's feet and body adjustable thereby accommodating a pre-determined range of user body and feet variation.

28. The method of claim 26 wherein providing said body engaging means further comprises making the structural dimensions of the body engaging means relevant to guiding and engaging the person's feet and body adjustable thereby accommodating a pre-determined range of user body and feet variation.

29. The method of claim 26 wherein providing said framing structure further comprises making the structural dimensions of the framing structure relevant to guiding and engaging the person's feet and body adjustable thereby accommodating a pre-determined range of user body and feet variation.

30. The method of claim 26 wherein providing said body engaging means further comprises providing a hand engaging means for guiding and engaging at least one of user's hands.

31. The method of claim 26 wherein providing said body engaging means further comprises providing a safe guard means for reducing the risk of an accidental fall of the person while trying to achieve and hold said stances  $S_j$ .

32. The method of claim 26 wherein providing said framing structure further comprises

providing a safe guard means for reducing the risk of an accidental fall of the person while trying to achieve and hold said stances Sj.

33. The method of claim 26 wherein, for said health benefit to be significant, providing said corresponding instruction Ij further comprises providing a pre-determined recommended range of holding period for said stance Sj.

34. The method of claim 26 wherein, for said health benefit to be significant, providing said corresponding instruction Ij further comprises providing a pre-determined recommended range of frequency for practicing said stance Sj.